



SOURCES OF STRESS AND THE COPING STRATEGIES USED BY THE RADIOLOGIC TECHNOLOGY STUDENTS OF LORMA COLLEGES

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Objective: This study determined the sources of stress and strategies used by the Radiologic Technology students of Lorma Colleges.

Background of the Study

Stress is a normal part of life. According to the Mental Health Foundation, Stress can be defined as the degree to which you feel overwhelmed or unable to cope because of unmanageable pressures.

This study will help the students at the College of Radiologic Technology of Lorma Colleges to determine the major source of their stress. The researchers believe that to handle their stress it is best to learn or know which is causing them the most stress. This will help them adjust to the disadvantages brought by the stress they are encountering. This study will showcase the strategies used by the students.

METHODOLOGY

RESEARCH DESIGN AND METHOD

The researcher made use of the descriptive-comparative method. The researchers believed that this design would best determine the answer on what are the sources of stress and the coping strategies used by Radiologic Technology students of Lorma Colleges.

POPULATION AND LOCALE

The respondents in this study were the students at College of Radiologic Technology at Lorma Colleges, Carlatan, San Fernando City, La Union from first year to fourth year level who were enrolled for the S.Y 2020-2021

Data Analysis

Weighted Mean
T-Test
ANOVA
Pearson Correlation

Data Gathering Tool

The researchers adapted a questionnaire on the study conducted by Amani A. Al Sheewari on her study entitled "Sources of stress, coping strategies and counselling needs, among university students in Kingdom of Bahrain in 2005

Data Gathering Procedure

Because of the pandemic COVID-19, the researchers did not conduct a face-to-face distribution of survey questionnaires. The researchers used Google form as a means and substitute for gathering their statistical data.

Results and Discussion

1st Year

16 males
12 females

2nd Year

16 males
26 females

3rd Year

17 males
17 females

4th Year

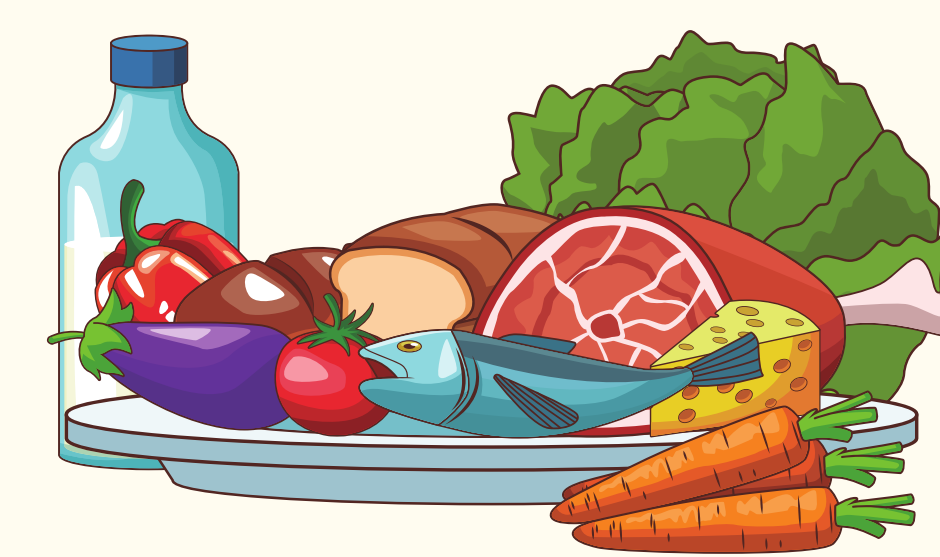
3 males
7 females

Findings also showed that the students of Radiologic Technology at Lorma Colleges most stressor was the personal domain which gained the highest mean.

This study also found that the main coping strategy of the Radiologic Technology students was apologizing or do something to make up for their mistakes.

CONCLUSION AND RECOMMENDATION

Females are more stressed than males in the College of Radiologic Technology at Lorma Colleges because they take things more seriously than males.



From the result we have gathered we can conclude that younger students specifically the 1st year students are more stressed because they are just starting to adjust to being a college student.

Re-organize your thoughts.
Eat Healthy foods
Balancing Responsibilities
or time management

